



**A STUDY TO ASSESS THE EFFECT OF PLANNED TEACHING  
PROGRAMMES ON KNOWLEDGE AND PRACTICES IN RELATION TO  
THE PREVENTION OF COMPLICATIONS AMONG SELECTED HIGH RISK  
ANTENATAL MOTHERS IN A SELECTED HOSPITAL IN RAJASTHAN**

**Mrs. Hemlata (Ph.D. Scholar, Malwanchal University, Indore)**

**INTRODUCTION:**

Pregnancy is a beautiful event in the life of a woman where she receives a lived experience of living thing within her for nine months of time. During pregnancy there is progressive anatomical and physiological changes not only confined to the genital organs but also to all systems of the body. This is principally a phenomenon of maternal adaptations to the increasing demands of the fetus. Mother's body turns into nourishment provider to the little living thing inside her. The body creates a safe capsule around fetus in order to have safe and healthy delivery. The primary aim of antenatal care is to achieve a healthy baby from the healthy mother at the end of the pregnancy. Ideally this care should begin soon after the conception and continue throughout pregnancy. Antenatal care is very essential for early identification of complications.

The total reproductive age group in India comprises of 58.1% of the total population. Reduction in the maternal mortality would require interventions to obstetrical services in life threatening situation. The maternal mortality rate is 200 per 1, 00,000 live birth in India. In Chad it is highest with 1,000 per 1, 00,000 live births. The current maternal mortality rate (MMR) in Maharashtra is 104/100000 live births, ranking 3rd in India<sup>2</sup>. The prevalence of the complications in second and third trimesters is very prominent.

### **OBJECTIVES:**

- Assess the knowledge in relation to prevention of complications among selected high risk antenatal mothers before and after planned teaching program.
- Assess the practices in relation to prevention of complications among selected high risk antenatal mothers before and after planned teaching program.
- Find out the association between pre-test knowledge in relation to prevention of complications and selected demographic variables among selected high risk antenatal mothers
- Find out the association between pre-test practices in relation to prevention of complications and selected demographic variables among selected high risk antenatal mothers.

### **MATERIALS AND METHODS:**

A descriptive evaluatory approach was selected to assess the knowledge and practices of mothers before and after planned teaching. The sample consists of 30 mother's with the age of 18 to 45, between 15<sup>th</sup> to 35<sup>th</sup> week of gestation and diagnosed as pre-eclampsia/anaemia/previous history of PIH or anaemia /elderly primigravida/grand multiparity and the sampling technique was disproportionate quota sampling. Quasi experimental design was adopted where the group was assessed with structured questionnaire. Reliability of the tool was tested by using Spearman's rank correlation formula and the r value obtained was 0.85 for knowledge and 0.89 for practices. The effectiveness of the planned teaching was assessed by test re test method. The data obtained was analyzed by descriptive and inferential statistics.

### **RESULTS:**

The pretest knowledge score (24.67) has significantly increased (53.15) and the pretest practices score (25.72) has significantly increased (55.05). Hence, it can be inferred planned teaching programme is effective. The association was checked using chi square, it can be inferred there is association of pretest knowledge with selected demographic characteristic type of the family and duration of marriage and there is no association between pretest knowledge and selected demographic characteristic age of among selected high risk antenatal mother's therefore null hypotheses can be rejected. The association was checked using chi square, it can be inferred there is association of

pretest practice with selected demographic characteristic duration of marriage, obstetric data there is no association between pretest practice and selected demographic characteristic education of selected high risk antenatal mother's thus null hypothesis can be rejected.

### **CONCLUSION:**

The study revealed that planned teaching programme regarding prevention of complications among selected high risk antenatal mothers was effective as it improved the knowledge and practice level significantly.

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